

## Positive Alternatives 2015 - 16 Quarterly Update

**Grantee: HEALTH RESOURCES LIFE CARECENTER**

**Contact: Trisha Grove**

**Contact Information: 218-736-6050, trisha@hrcff.org**

**Goal: Treasures for Life (TFL), Prenatal Care Program, Prenatal Vitamins & Ultrasound Services**

**For the period: October 1, 2015 through December 31, 2015**

<b>Activity or Service</b>	<b>Activity or Service Description</b> Major Work Plan Activities	<b>Work Plan Count</b>	<b>Program Progress and Accomplishments</b> Report the progress and accomplishments made this period on each activity.	<b>Report Count</b>
<b>Administrative Activities</b>	Recruit and train new volunteers; Support current volunteers		Two new volunteers have been trained. Current volunteers are being encouraged to identify specific areas of interest with the goal of having each volunteer have ownership of specific task areas.	
<b>Administrative Activities</b>	Nurse Manager oversees prenatal vitamin program; establish and strengthen relationships with community agencies, emphasizing prenatal vitamin program; maintain CPR certificate and offers infant CPR to clients		Each client with a positive pregnancy test is offered a 30 day supply of prenatal vitamins. We encourage our clients to call when they need a refill. The physicians that are involved with HRC continue to refer patients to HRC for services. Certification in CPR through the American Red Cross is current. For clients that have an interest, one on one classes in child and infant CPR are offered.	
<b>Outreach</b>	Purchase promotional material, advertising, educational material; expand TFL Program; establish and strengthen community relationships; promote and advertise ultrasound program and services; partner with other community programs to increase the number of ultrasounds		We continue to offer two classes per week at the Addiction Recovery program in Fergus Falls. One class is for pregnant clients (see comments) and the other is on parenting. (See comments) We are now staffing an office two days per week in Detroit Lakes. We are offering classes one day per week there at Lakes Crisis and Resource center to the women in their shelter. We have spoken at the Partners in Parenting program once and are planning more times. We are starting to advertise our services in the community.	

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
<b>Car Seat Program</b>	Enroll clients in TFL program; provide car seat safety education	2/yr	All clients who are pregnant are encouraged to view the car seat safety lesson. This quarter only two clients viewed this lesson. We continue to promote it as part of our "Getting Ready for Baby" unit. We send every client a card at 28 weeks to promote the unit.	2
<b>Crib Distribution/ Sleep Safety Education</b>	Enroll clients in TFL program; provide Sleep Safety Education when crib is distributed to client	1/ year	In this quarter, one client chose to buy a pack-n-play with incentive points. Sleep safety information is attached to all pack-n-plays in our boutique. One client did view the informational video.	1
<b>Interpreter Services</b>	Provide translation for Treasures for Life clients	2	Our translator provided a total of 2 lessons to 1 Hispanic client, teaching her how to care of her baby.	2
<b>Life-Skills Education Program</b>	Enroll clients in TFL program; assist clients in accessing needed services; provide life-skills education; meet individually with clients to complete assignments; assess client needs	15/yr	One client took a total of 4 classes on financial management. She was taught how to budget, how to relate to her spouse about budgeting and how to find a bargain. She intends to continue these financial lessons into the next quarter.	4
<b>Nutrition</b>	Offer each pregnant/nursing clients a voucher for prenatal vitamins;	10	Women who are pregnant should get at least 400 mcg of folic acid per day to help prevent birth defects. Prescription strength prenatal vitamins are offered to all pregnant clients. Five scripts were filled for two clients.	5
<b>Parenting Education</b>	Enroll clients in TFL program; Provide parenting education; meet individually to complete assignments; assess client needs; assist clients in accessing needed services; offer infant CPR to clients	54/yr	A total of 59 parenting lessons were provided to 14 clients. Examples of some of the lessons clients' chose were: Newborn Care, Your Baby can Sleep, Importance of Bonding, and Breastfeeding. Many mothers of babies received training in disciplining their toddlers, equipping them to have a more controlled and nurturing home.	59

<b>Activity or Service</b>	<b>Activity or Service Description</b> Major Work Plan Activities	<b>Work Plan Count</b>	<b>Program Progress and Accomplishments</b> Report the progress and accomplishments made this period on each activity.	<b>Report Count</b>
<b>Pregnancy Education</b>	Enroll clients in TFL program; Provide pregnancy education; meet individually to complete assignments; assess client needs; assist clients in accessing needed services	54/yr	30 TFL pregnancy lessons were given to a total of 10 clients. Examples of lessons are: Dangers of Smoking, Prenatal Care, Childbirth Preparation, Nutrition, What's Safe What Isn't and Prenatal Development.	30
<b>Pregnancy Education</b>	Beginning November, 2014: Enroll clients in fertility care program; train clients in program practices and procedures; evaluate and diagnose and provide solutions to underlying reproductive problems	4/ year	0 clients were seen this quarter.	0
<b>Transportation</b>	Offer each actively enrolled TFL clients transportation to TFL classes (Bus/Taxi/Gas)	2	There were no clients this quarter who were in need of gas reimbursement or bus voucher.	0
<b>Ultrasound</b>	Perform limited diagnostic scans on clients in the first trimester of pregnancy; educate clients on fetal development, nutrition & smoking/chemical abuse	45/yr	We performed 31 ultrasounds this quarter on 17 women in their first trimester. Prenatal development was explained to the women to help foster early bonding with their babies. How chemicals are passed from mother to babies is explained to help the women understand the importance of not smoking or drinking.	31

<b>Maternal and Child Health Initiative Task Force Strategies</b>	<b>No.</b>
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	1
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	1
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	0
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	1

<b>Maternal and Child Health Initiative Task Force Strategies</b>	<b>No.</b>
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	1
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	0

**Challenges:**

Life-Skills Education Program -- Lessons and instruction in Life-Skills Education appears to not be as needed among our current clients as pregnancy and parenting lessons. Each client is given an assessment of what needs they might have coming into our educational program. During the first appointment with this client, the staff member will review this information with the client and make suggestions of lessons we have that would meet current needs. The client is then given the freedom to choose the lessons he/she is most interested in partaking. Clients will continue to be encouraged to participate in lessons regarding Life Skills.

**Comments:** Here are comments from the counselor at the addiction recovery program that we are serving with parenting classes: “This group has greatly impacted our residents by encouraging them to find purpose from being a parent, to wanting to give back to their children, to grow as a family and most importantly live and remain sober for their children. To watch this has been personally touching and inspiring not only as a mental health professional, but as a human being.”

This is what the same counselor said about our Pre-natal classes: “Health Resources has increased positive attitudes for these women, created a sense of comradery between the mothers, educated them on numerous skills, and provided emotional, mental, and physical health as they deliver and transition to their next placement. This impact not only helps our residents improve their chances of sobriety but is an opportunity for these unborn children to be healthier overall. More and more mothers here are leaving treatment more successful and with their child to continue their sobriety.”